



HEALTHY VILLAGE

WELLNESS CENTER

Smoothie Recipes



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Green Summer Smoothie

Prep time: 5 minutes
Vegan, Gluten-free

Ingredients

- 1 green (granny smith) apple, cored
- 1 ripe avocado, pitted
- 1/2 cup fresh parsley
- 1 frozen banana
- 1 green pear, cored
- 1/2 cup water
- 4 ice cubes
- A dash of lemon juice

Directions

Add ingredients to blender and blend for 1-3 minutes for a consistency you like.

Add an extra dash of lemon juice on top (if desired).

Options: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage).

Add: 2 tbsp. Flaxseed Oil, or Hemp oil.

Source

Original recipe adapted from Christal, Nutritionist in the Kitch



Avocado Green Tea Powder Smoothie

Prep time: 5 minutes

Vegetarian

Ingredients

- 1 tsp matcha green tea powder
- 1 tbsp hot water
- 1/2 medium avocado
- 1 cup coconut cream or milk
- 1/4 cup vanilla whey protein powder
- 1 banana

Directions

In a small bowl, whisk together matcha powder and hot water. Set aside.
Cut avocado into chunks and add to blender. Add coconut cream or coconut milk, protein powder, and banana.

Add extra coconut milk as needed blend until smooth.

Divide between two glasses and enjoy.

Source

<https://alldayidreamaboutfood.com/avocado-green-tea-power-shake-low-carb-and-gluten-free/?crlt.pid=camp.6KN5Ceg3yp96>



Blueberry Green Smoothie

Prep time: 5 minutes

Vegetarian

Ingredients

- 1 cup spinach leaves
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 ripe banana
- 1/2 cup milk (or milk substitute)
- 2 tablespoons old fashioned oats
- 1 tablespoon honey, or more, to taste

Directions

Combine spinach, blueberries, raspberries, banana, milk, oats, honey and 1 cup ice in blender until smooth.

Serve immediately.

Source

<https://www.google.com/url?q=http://damndelicious.net/2014/03/14/blueberry-green-smoothie/%3Fcrlt.pid%3Dcamp.KAodymmJcBdM&ust=1549174380000000&usg=AFQjCNHW5D0O50xaGoy9WHoKeaCtXqXl2w&hl=en>



Cheeky Green Smoothie

Prep time: 15 minutes

Vegetarian

Ingredients

- 1 cup unsweetened almond milk or milk substitute of choice
- 1 cup spinach
- 1 cup diced frozen pears
- 1/2 cup plain non-fat yogurt
- 1/2 tsp fresh grated ginger
- 1/2 tsp vanilla extract

Directions

Blend the ingredients to the consistency that you like.

Options: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage).

Add: 2 tbsp. Flaxseed Oil, or Hemp oil.

Source

Original recipe adapted from Hayley Pomrov.



Coconut Milk Smoothie

Prep time: 5 minutes
Vegan, Gluten-free

Ingredients

- 1 cup lite coconut milk, canned coconut milk is recommended
- 1 banana
- 2 cups raw spinach

Directions

Place all ingredients in a blender and blend until smooth.

Source

<https://skinnynms.com/coconut-milk-smoothie/>



Creamy Green Mint Smoothie

Prep time: 15 minutes

Vegan, Gluten-free

Ingredients

Vanilla Layer

- 1 frozen banana
- 1/2 cup light coconut milk (canned version)
- 1 tsp pure vanilla extract

Green Mint Layer

- 1/2 frozen banana
- 1 1/2 cups fresh spinach
- 10-15 fresh mint leaves
- 1/4 cup coconut milk (canned version)

Directions

First blend the ingredients for the green mint layer, then pour into glass until half full. Continue by blending vanilla layer ingredients and then pour vanilla layer into remainder of cup.

Optional: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage). Add: 2 tbsp. Flaxseed Oil, or Hemp oil.

Source

Original recipe adapted from Hayley Pomrov.



Green Summer Smoothie

Prep time: 5 minutes
Vegan, Gluten-free

Ingredients

- 1 green (granny smith) apple, cored
- 1 ripe avocado, pitted
- 1/2 cup fresh parsley
- 1 frozen banana
- 1 green pear, cored
- 1/2 cup water
- 4 ice cubes
- A dash of lemon juice

Directions

Add ingredients to blender and blend for 1-3 minutes for a consistency you like.
Add an extra dash of lemon juice on top (if desired).

Optional: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage).

Add: 2 tbsp. Flaxseed Oil, or Hemp oil.

Source

Original recipe adapted from [Christal, Nutritionist in the Kitch.](#)



Kale Smoothie

Prep time: 15 minutes

Vegan

Ingredients

- 2 cups cold water or Milk Substitute (Oat milk, Almond milk, Rice milk, Soy milk, Coconut Milk, Cashew Milk)
- 2 handfuls spinach
- 1 kale leaf, medium
- 1/2 English cucumber, sliced
- 1 organic apple, chopped
- 2 tbsp. chia seeds
- 1/2 lemon, juiced

Directions

Blend together in a juicer by adding ingredients a few at a time into the liquid base.

Optional: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage).

Add: 2 tbsp. Flaxseed Oil, or Hemp oil.

Source

<https://www.google.com/url?q=http://ifoodreal.com/superfood-chia-&ust=154917474000000&usg=AFQjCNHPGKPHEKPjtzY82lgooA76af7bbQ&hl=en>



Sunrise Smoothie

Prep time: 15 minutes
Vegan, Gluten-free

Ingredients

Top Layer

- 1/4 cup frozen pitted cherries
- 1/4 cup frozen cranberries
- 1 tbsp flax seed oil

Bottom Layer

- 1/2 cup frozen mango
- 1/2 cup of protein powder
- 1 1/2 cup water
- 1 tbsp ground cloves

Directions

Blend bottom layer ingredients (mango, protein powder and a bit of water) to the consistency you like. Pour into glass.

Rinse blender and add top layer ingredients (cherries, cranberries and flax seed oil) to the consistency you like. Pour into glass on top of bottom layer.

Top with a sprinkle of ground cloves.

Source

Adapted from ["Cherry Mango Anti-Inflammatory Smoothie" by the Pretty Bee.](#)



Vibrant Violet Smoothie

Prep time: 5 minutes
Vegan, Gluten-free

Ingredients

- 1 cup unsweetened almond milk or milk substitute of choice
- 1 cup spinach
- 1 cup diced frozen pears
- 1/2 cup plain non-fat yogurt
- 1/2 tsp fresh grated ginger
- 1/2 tsp vanilla extract

Directions

Blend the ingredients to the consistency that you like.

Optional: To make this more nutritious and diabetic friendly, add Protein Powder (Dairy free Protein Powder as directed on the container for dosage).

Add: 2 tbsp. Flaxseed Oil, or Hemp oil.



Watermelon Lemon Slushies

Prep time: 10 minutes
Vegan, Gluten-free

Ingredients

- 4 cups cubed frozen watermelon
- 2 cups organic lemonade, plus more if needed
- Ice, if needed

Directions

Process frozen watermelon and lemonade in a blender until combined. Add ice if you'd like it thicker, or more lemonade if you'd like if thinner. Serve immediately

Source

<https://celebratingsweets.com/watermelon-lemonade-slushies/>